

drink the Cup of Eternity, the holy and heavenly Mysteries of the Body and Blood of my Saviour, thereby assuring my Soul of thy Favour and Goodness towards me, for the Sealing of my Faith, for the Pardon of my Sins, for the obtaining of my Peace, and all other Benefits of Christ's blessed Passion.

I now most humbly beseech Thee to assist me with thy Heavenly Grace, that I may continue thine for ever, and be made a Temple of thy holy

Holy Spirit; and that having Christ now dwelling in me by Faith, I may accomplish the rest of my Life in Repentance and godly Fear, in mortifying my own sinful Desires, and in keeping thy Holy Commandments. For which end guide me with thy Power, enlighten me with thy Word, and quicken me with thy Spirit. Elevate my Senses, compose my Manners, and order my Conversation aright; for thou art able to do abundantly
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